



PARENT INFORMATION:

Physical Activities for the Family



Did you know?

Physical activity for young children is an important component of early brain development and learning. When adults model and teach the importance of physical activity, young children are more likely to adopt a lifetime of healthful practices and behaviors.

Game playing is an essential part of being a kid. As children reach preschool age they are reaching and jumping and learning how to move their bodies in sync and with coordination.

Physical health learning activities for preschool-aged children should include group activities that are energetic and fun. Be sure the exercises emphasize learning basic rules about nutrition, the importance of maintaining a strong and healthy body and fairness and support when playing games with classmates or in a group.

Physical Activities for the Family

1. Stretch together – Show preschool children basic stretches and emphasize the importance of keeping your body fit and limber. Have the kids stretch high into the air and have them touch their toes. Have children roll or rotate their fingers, wrists, toes, ankles and neck. Let children know that stretching keeps muscles and tendons flexible and prevents injuries before playing.
2. Play catch – Playing catch is a fun way for children to interact and learn basic hand-eye coordination. Encourage children to toss a lightweight ball back and forth. Children will engage their mind and eyes to assess the position of the ball in the air and follow it as it falls. They will also use their hands to catch the ball and move their feet to put themselves into position, if necessary, prior to catching.
3. Contact your library – Libraries often have events and special programs for children. Usually, these activities are posted on the library's website or attached to the library's bulletin board. If you decide to visit the library to check for activities, you can also use that time to find books on crafts and other topics that cater to entertaining children.
4. Pick up a copy of your local children's magazine. Not only will these magazines include fun-to-do activities, but they will also contain listings of all children events happening within your local community.

Provided by: Odessa Davis and Suzanne Burnette

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